



Link

St. Joseph's Community Health Centre

SPRING/SUMMER 1996

GETTING TO KNOW YOUR COMMUNITY HEALTH CENTRE

Over the past year, we have been listening as to what your needs are from St. Joseph's Community Health Centre.

One of the many messages that you sent back to us concerned awareness. The community we serve needs to know more about the programs and services we offer.

As a result, we are introducing this new Community Link. In this issue, you will find descriptions of the new services we are offering, as well as any extensions in existing services.

You will also find at the back of this issue, a cut-out description of all we do at St. Joseph's

Community Centre and contact phone numbers with each service that will enable you to find out even more.

Since most of our clients are referred by family physicians, we encourage you to talk to your physician about any of the programs we offer and how they may help you.

We will strive to keep you informed about what we offer through editions of Community Link, symposiums on everything from prostate health to osteoporosis, community functions and of course through our Consumer Health Information Service.

Have a healthy 1996.

URBAN MUNICIPAL

COMMUNITY NUTRITION PROGRAM

JUN 8 1996



GOVERNMENT DOCUMENTS

St. Joseph's Community Health Centre Dietitian Jane Curry (right).

In an effort to address many of the nutrition issues of East Hamilton and Stoney Creek, St. Joseph's Community Health Centre has established the Community Nutrition Program.

This new service, initiated in April 1995, is headed by dietitian Jane Curry and has been receiving clients since June.

Ms Curry has three main roles in meeting the nutrition needs of the community. Individual and group counselling; nutrition education programs and health promotion activities; and consulting to community members.

Individual and group counselling involves working with individuals to develop healthy eating patterns suited to their personal lifestyle, health and nutritional needs.

Weight management, pregnancy, lactation, eating disorders and vegetarians are also addressed in the Community Nutrition Program on an individual basis.

Individual nutrition counselling begins with

a one-hour assessment and education session and half-hour follow-up appointments are often scheduled. Group education sessions involve clients working together to achieve common nutrition goals. Group activities and mutual support help clients adapt a new approach to healthy eating and lifestyle.

"We expect our group sessions to start in 1996 and focus on such areas as healthy weights, eating disorders and cholesterol education," Ms Curry adds.

Community-based nutrition education programs and health promotion activities are developed by working with community members and organizations. These programs/activities promote health by either preventing or reducing the harm from nutrition-related diseases.

"Promoting healthy eating and ensuring everyone in the community has access to nutritious food contributes to life-long health," Ms Curry explains.

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The community dietitian also functions as a **consultant to community members**, acting as a resource to other Centre staff, community service agencies and community groups planning programs which have a food or nutrition component.

The community dietitian also obtains, adapts, develops and evaluates nutrition education resources for clients of the Centre and for participants in outreach activities.

Whatever the activity, the Community Nutrition Program is designed to promote health and prevent illness in order to enhance the health of East Hamilton/Stoney Creek, a quality that is common to all programs and services at St. Joseph's Community Health Centre.

Clients are seen through physician referrals.

If you would like more information on the Community Nutrition Program, please call 573-4805.

TIMES THEY ARE A CHANGIN'



Dr. Ross Allega, Chief, Community Physicians (L), and Kevin Smith, Vice-President.

Change. To us there is no better word that captures what's happening in Hamilton-Wentworth's health care system.

Over the last few months we've seen St. Joseph's Hospital and Community Health Centre enter a collaboration with Hamilton Civic Hospitals. Most recently Hamilton Civic Hospitals and Chedoke

McMaster Hospitals have agreed to merge in the coming months, creating the second largest hospital in Canada.

The Hamilton-Wentworth District Health Council has solicited the community's thoughts on the region's health-care system in order to recommend changes to the Ontario Ministry of Health through the Health Action Task Force.

And last but not least, the Ontario government has announced its plan to cut about \$1.3 billion from Ontario Hospitals over the next three years.

The one common goal in all of these endeavours is to provide to you the best health care for the least expense to taxpayers.

St. Joseph's Community Health Centre is an active participant in the transformation of our health care system. The Centre, as you will see in this edition of Community Link, is introducing a number of new services that will improve accessibility and convenience to residents of East Hamilton, Stoney Creek and other communities including Winona, Binbrook and Grimsby among others.

These services will include clinics focusing on sports/soft tissue/neck and back injuries, gastroenterology, occupational health, rheumatology and neurology.

These clinics will further enhance the quality of care for our community without increasing the costs to the taxpayer, since they have been established by transferring activities from hospitals and other acute care sites rather than duplicating and competing with those already in existence.

In addition to providing these clinics, we are also proud to introduce programs focusing on Attention Deficit Disorders in children and Temper Taming in children and adolescents.

We believe these changes will benefit you and your family, friends and neighbours and will help support this community in moving towards a healthy 21st Century.

We invite you to take advantage of all we offer.

WHAT'S THE DIFFERENCE BETWEEN URGENT CARE AND EMERGENCY?

St. Joseph's Community Health Centre's Urgent Care Service treats people with conditions that are not life threatening.

EXAMPLES OF THESE CONDITIONS INCLUDE:

- Fevers
- Uncomplicated fractures
- Cuts
- Any conditions that are not considered life threatening or would result in the loss of limb

We encourage everyone that if a non-emergency medical issue arises, call your family physician first. Your family physician will be aware of your history and will provide you with the best course of action.

If your physician is unavailable, the Urgent Care service is open 16 hours a day to treat you.

The Urgent Care Service is staffed by emergency physicians who rotate from St. Joseph's Hospital, as well as nurses, social workers and other staff, from 8 a.m. to 12 midnight seven days a week.

"HOW DO I KNOW IF IT IS AN EMERGENCY?"

Everyone should learn how to recognize a medical emergency and when to seek professional medical attention. It's one of the most important things you can do for your family's health. Qualified emergency physicians especially trained for you and your family are available 24 hours a day, seven days a week.

ASK YOURSELF THE FOLLOWING QUESTIONS:

- Is the victim's condition life threatening?
- Could the victim's condition worsen and become life threatening during transportation?
- Could moving the victim cause further injury?
- Does the victim need the skills or equipment of paramedics or emergency medical attendants?
- Would distance or traffic conditions cause a delay in getting the victim treatment?

If the answer to any of these questions is YES, or if you are unsure, it's best to call an

ambulance. This is true even though you can sometimes get to the hospital faster by driving than calling an ambulance. Should you call an ambulance, the victim will be transported to a hospital emergency room, NOT an urgent care service.

Paramedics can communicate with a physician in an emergency department by radio. They are trained to begin medical treatment on the way to the hospital. This prevents any delays that occur if the patient is driven to the emergency department.

For residents in the Hamilton-Wentworth area, calling for help is easy. Just dial 9-1-1.

When you call for help, speak calmly and clearly. Give your name, address and phone number, location of victim and the nature of the problem.

Don't hang up until the dispatcher tells you to. They may need additional information or need to give you instructions.

SJCHC DIGEST

Audiology Extended Service

The Communication Disorders program is responding to community feedback regarding the need to enhance accessibility of audiology services by:

- Expanding the service area to include Grimsby and regions East of Hamilton up to St. Catharines
- Extending service hours so that appointments are available in the evening hours several days a week.
- Making audiology services available on Saturday mornings to meet the needs of those clients who are unable to attend Monday to Friday.

To book an appointment, please call 573-4803, Monday to Friday from 8:30 a.m. to 5 p.m.

Diagnostic Services Hours

In order to better serve our clientele, the laboratory has extended its hours of operation. The new hours are from **8 a.m. to 10 p.m.** daily, seven days a week including holidays. During these hours both routine radiology procedures and laboratory services including ECGs may be obtained.

Meals on Wheels

This service, run jointly by Victorian Order of Nurses and St. Joseph's Community Health Centre, is looking for clients who are in need of nutritious meals that would be delivered to their homes. If you are interested in this service, please call 522-1022.

Tours

Tours of St. Joseph's Community Health Centre are open to everyone. Schools of all levels, community groups, businesses and individual community members are invited to call us at 573-7777 ext. 8225 to book your tour now.

MOMS HELPING MOMS

Tracey Waldron, a 28-year-old mother of two and Joanne Buote, a 21-year-old expecting her second child are making an exciting contribution to the work of the Community Health Centre.

They work for Baby's Best Start (Parent/Child Program) one of the Community Health Centre's programs aimed at supporting pregnant mothers on limited budgets and families with babies up to a year of age.

Joanne and Tracey are kept busy at the drop in welcoming new members, sorting and distributing donated clothing, and helping with cooking and snacks. They are often answering questions about what to expect from the program, where to get information and support in the community and how to cope with being a parent.

When not at the drop-in, Tracey and Joanne participate in meetings, workshops and presentations.

"All the support I received and meeting moms with different experiences - it's a great group to get involved with and I'm glad I did! It gives me strength and support to know I always can count on people to listen and give advice to me when I need it" says Joanne.

For more information on the program, please call 573-7777 ext. 8052.

WHAT'S NEW?

NEW CLINICS

The following new clinics have been established at St. Joseph's Community Health Centre. The medical staff for these clinics come from affiliated Hamilton teaching hospitals.

Acute Injury/Sports Medicine Clinic

This clinic, conducted by **Dr. D. Kumbhare**, will have a special focus on sports injuries, soft tissue injuries plus neck and back injuries.

Advanced Orthodynamics Clinic

This clinic will focus on ankle, knee, knee-ankle orthotics as well as hip guidance systems, spinal orthotics and upper limb orthotics.

Gastroenterology Clinic

Dr. B. Salena will offer consultation to individuals with problems relating to gastroenterology.

General Internal Medicine Clinic

This clinic will offer consultation to individuals with general internal problems.

Neurology Clinic

Dr. M. Kronby offers consultation to individuals with neurological problems, with a special focus on general neurology, Parkinson's, headaches and tumours.

Occupational Health Clinic

The goals of the Occupational Health Clinic are to:

- prevent the development of occupational diseases in workers
- to assist in the identification and control of hazards in the workplace
- to provide consultation to management, labour and family physicians

Rheumatology/Osteoporosis Clinic

Dr. R. Adachi and **Dr. T. Scocchia** will offer consultation to individuals with problems relating to rheumatology. Dr. Adachi focus will focus on Osteoporosis and Dr. Scocchia will concentrate on work-related injuries.

For information on how to book an appointment for these clinics, **call 573-4823.**

THE DR. BOB KEMP HOSPICE FOUNDATION

The Dr. Bob Kemp Hospice Foundation and the Living Enrichment Programs it offers are now located at St. Joseph's Community Health Centre.

The Living Enrichment Support Groups offer you:

- **Acceptance** of you, as you are right now
- **Understanding** of the problems, situation and emotions you face, by sharing with others in this group
- **Safety** in the nurturing atmosphere where communication is encouraged, and becomes a natural result of our mutual understanding, sharing and acceptance
- **Relief** in identifying with others and having found acceptance and understanding, we can move toward a new awareness and a deeper sense of our own spirituality.

The Dr. Bob Kemp Hospice Foundation also offers:

Relaxation Program and Stress

Management Techniques - This program is designed to improve and practice relaxation skills.

Arts and Creativity - This program encourages expression through movement, music, visual arts and drama.

Hands-on Horticulture - This program is designed to keep people facing serious illness active with various horticultural activities including indoor and outdoor gardening; drying flowers, fruit and vegetables; miniature gardens; wreaths and much more.

If you would like more information about the many activities of the Dr. Bob Kemp Hospice Foundation, please call 573-4821. The Living Enrichment Programs take place every Wednesday from 10 a.m. to 2 p.m. and every Thursday from 4 p.m. to 8 p.m.

COUNCIL ON SUICIDE PREVENTION

The Council on Suicide Prevention (Hamilton) Inc. consists of professionals and individuals interested in promoting suicide prevention.

Through a new collaboration with St. Joseph's Community Health Centre, individuals who would like more information on research, speakers, educational material and community awareness programs and activities can call or visit the Centre's Consumer Health Information Centre.

Call 573-4810 for more information on suicide prevention or visit the Centre at 2757 King Street East in Hamilton.

FAMILY ASTHMA EDUCATION PROGRAM

This program focuses on children and adolescents. The goals of the program include assessing current lung function and allergy history, providing education and skill development, offering support to parents, providing ongoing monitoring to evaluate skills and knowledge and support the education of

providers, teachers and child care workers in our community.

This program is fully operational and is accepting referrals.

If you would like more information about this new program, call Sharon Smith at 573-7777 ext. 8403.

ATTENTION DEFICIT DISORDER GROUP

For parents, care givers and other professionals with a focus on:

- Understanding the issues and strategies that work at home and school
- Usable intervention and strategies that will change behaviour and lessen frustration
- Behaviour management
- Provide a parent support group

- This group meets for three weeks, two hours a week

Direct and/or professional referrals and information can be obtained through St. Joseph's Community Health Centre, 2757 King Street East, Hamilton, Ontario, L8G 5E4.

Call 573-4810 for more information.

MANAGEMENT OF REAL POWER GROUP

For teens aged 13-18 and their parents with a focus on:

- Personal insight and responsibility
- Non-violent crisis management
- Enhancement of social skills, life skills and self esteem
- Mature problem solving
- This group meets for 12 weeks, one and a half hours a week

Direct and/or professional referrals and information can be obtained through St. Joseph's Community Health Centre, 2757 King Street East, Hamilton, Ontario, L8G 5E4.

Call 573-4810 for more information.

TEMPER TAMING GROUP

For children ages 6-12 and their parents with a focus on:

- Personal insight and positive peer relationships
- Problem solving and co-operation
- Resourcing and being in control of self
- Improved social skills, increased confidence and self esteem

- This group meets for 12 weeks, one and a half hours a week

Direct and/or professional referrals and information can be obtained through St. Joseph's Community Health Centre, 2757 King Street East, Hamilton, Ontario, L8G 5E4.

Call 573-4810 for more information.

O STEOPOROSIS: HOW DENSE ARE YOUR BONES?

We've all heard the old adages about prevention and it's role in wellness. An ounce of prevention equals a pound of cure, an apple a day...well, you get the picture. As tired as these sayings are, the undeniable common denominator is their truth.

And of all the afflictions we risk, Osteoporosis has to be one of the most preventable conditions.

"I've talked to people of all ages, not just 50-year-old women," said Dr. Rick Adachi, head of Rheumatology at St. Joseph's Hospital. "The underlying message always is 'It's never too early for prevention.'"

Osteoporosis is simply a break-down of bone mass due to loss of calcium. Osteoporosis is most often associated with post-menstrual women, although men have a one-in-eight chance of developing the condition.

It affects women to such a great degree because the hormonal imbalances that persist after menopause draw heavily on bone mass. Because women are generally of smaller frame than men, the loss of estrogen and its effect on bone mass has that much more impact.

What kind of impact? A woman can lose about 30 per cent of her bone mass between the ages of 50 and 80. That loss can result in fractures in the wrists, spine and hips among other bones. Of these, hip fractures are most severe and occur more than 20,000 times annually in Canada.

"Hip fractures past the age of 70 have a morbidity rate of 15-20 per cent in the first six months," Dr. Adachi said. And of those that survive, 50 per cent will need assistance with their daily living.

As bleak as all this may sound, osteoporosis and the debilitating fractures that often accompany it can be prevented through different regimens, the most obvious of all being calcium intake. Three to five cups a day of milk will help combat the deterioration of bone mass, as will exercise and Vitamin D (sun vitamins).

Despite the cornucopia of information and research available, osteoporosis is becoming more prevalent than in previous years. Many attribute that to decreases in levels of exercise and a downturn in good nutrition, both of which are easily reversed.

If you would like more information on Osteoporosis, you can visit the Consumer Health Information Centre at St. Joseph's Community Health Centre, 2757 King Street East in Hamilton or call 573-4810.

St. Joseph's Community Health Centre PROGRAMS/SERVICES/CLINICS

Acute Injury/Sports Medicine Clinic

573-4823 This clinic, conducted by **Dr. D. Kumbhare**, has a special focus on sports injuries, soft tissue injuries plus neck and back injuries.

Baby's Best Start (Parent/Child Program)

573-7777 ext. 8052 Offers additional support and education to teenage mothers, single parents and families on limited budgets who need special assistance as they cope with the pressures of having a child.

Bereavement/Grief

573-7777 ext. 8078 Adults who have experienced a loss or death can receive individual counselling and participate in support groups with a Pastoral Associate.

C.A.T.C.H. Clinic

573-4826 Pediatric clinic for assessment of children with suspected child abuse and neglect. Provides assessment and short-term management of children with sexual and physical abuse.

Chiropody

573-4817 Works closely with diabetes and geriatric day hospital clients to identify, treat and prevent foot problems.

Communication Disorders

573-4803 For people with speech and hearing problems, the Centre offers audiology and speech language programs to assist individuals and families in adapting to and overcoming "communication disorders."

Community Nutrition

573-4805 Offers counselling services to clients referred by area family physicians for a variety of nutritional needs, weight management and body image issues.

Consumer Health Information Centre

573-4810 Includes a collection of books, journals, newsletters, brochures and video and audio cassettes to help people learn more about specific health topics and medical conditions. The Centre also operates Health Extension, a free and confidential telephone 24-hour information service which offers over 400 tape-recorded, health-related messages. Call 573-7557 to access Health Extension.

Continence Program

573-4823 This program uses various methods with clients to help manage urinary or faecal incontinence, focusing on issues related to fluid management, toileting routines, caffeine counselling, product information, fibre intake and bowel programs.

Diabetes Program

573-4819 Provides clients with the necessary information and skills needed to manage diabetes and achieve a healthy and active lifestyle.

Diagnostic Services

573-4814 Comprised of X-Ray and laboratory facilities, staff are able to provide quick results. Open daily from 8 a.m.-10 p.m.

East Region Mental Health Services

573-4801 Treats adults with psychiatric or emotional problems through therapy for individuals, couples and families, groups, consultation with family physicians and preventive educational activities.

Family Asthma Education Program

573-7777 ext. 8403 This program focuses on children and adolescents and includes assessment of current lung function and allergy history, education and skill development, offering support to parents, providing ongoing monitoring to evaluate skills and knowledge, and supporting the education of providers, teachers and child care workers in our community.

Gastroenterology Clinic

573-4823 **Dr. B. Salena** will offer consultation to individuals with problems relating to gastroenterology.

General Internal Medicine Clinic

573-4823 This clinic will offer consultation to individuals with general internal problems.

Geriatric Services

573-4818 Provides professional health care and education to help seniors reach and maintain a level of physical and mental health so they may live independent and safe lives in their homes. Geriatric assessment and geriatric day hospital services are integral components of Geriatric Services. In-home assessments are also available for those seniors not able to visit the Centre.

Lifeline

573-8163 A Personal Emergency Response System available which links individuals to 24-hour assistance. Trained personnel at St. Joseph's Hospital respond to calls immediately, 24 hours a day, seven days a week.

Neurology Clinic

573-4823 **Dr. M. Kronby** offers consultation to individuals with neurological problems, with a special focus on general neurology, Parkinson's, headaches and tumours.

Occupational Health Clinic

573-4823 The goals of the Occupational Health Clinic are to prevent the development of occupational diseases in workers, to assist in the identification and control of hazards in the workplace and to provide consultation to management, labour and family physicians.

Orthodynamics Clinic

573-4823 This clinic focuses on ankle, knee, knee-ankle orthotics as well as hip guidance systems, spinal orthotics and upper limb orthotics.

Rheumatology/Osteoporosis Clinic

573-4823 **Dr. R. Adachi** and **Dr. T. Scocchia** offers consultation to individuals with problems relating to rheumatology. Dr. Adachi focuses on Osteoporosis and Dr. Scocchia concentrates on work-related injuries.

Urgent Care

573-4811 Provides unscheduled care of an urgent nature which is not considered life-threatening but requires treatment by a physician to prevent serious complications. Life-threatening and 911 emergencies requiring transportation by ambulance continue to be directed to an area hospital.

St. Joseph's Community Health Centre is located at 2757 King Street East in Hamilton. For general information call (905) 573-7777.